



September 11th Tragedy Marks Another Turning Point

A Culture In Crisis, And Renewal

USA Today, October 29, 2001: "Since the Sept. 11 attacks, Americans have become a changed people. The attacks left us disoriented, depressed and angry — but also patriotic, united and determined. Senior citizens who



came of age during the Great Depression and World War II remark on the similarity between how America felt then and how it feels now. Is this the new normal? The lesson of history is: yes. While history does not repeat in its particulars, it does in its rhythms. Why? Because of the rhythms — and cycles — of generations. This mood shift — into what we call a "Fourth Turning" — has happened many times before."

So write William Strauss and Neil Howe, the authors of *"The Fourth Turning,"* a book that was dismissed like so many books on middle-east terrorists, until after September 11, and now President Bush is making reference to the patterns of history and what we should expect next. It appears that change comes in cycles of four, spanning four generations (or the length of a long human life), roughly 80 to 100 years. The cycle

we are most familiar with started after World War II, when the Great Generation returned from victory.

THE FIRST TURNING — is a HIGH new civic order, an upbeat era of building and expanding, of strengthening institutions and weakening individualism, where moderates are in the majority and power is in balance. Principal players: The Great Generation, and the "Silent Generation" who was alive during WWII but too young to play a part. When: Truman, Eisenhower, and Kennedy era. Noted historian, Jacques Barzun, author of *"From Dawn to Decadence,"* describes The First Turning: "The Modern Era begins, characteristically, with a revolution...in the name of an idea." "Ask not what your country can do for you, ask what you can do for your country."

THE SECOND TURNING — is an AWAKENING passionate era of spiritual upheaval where the civic order comes under attack because of unfairness and discrimination. Principal players: The Baby Boomers. When: the Johnson, Nixon, Carter era. "The point at which good intentions exceeded the power to fulfill them marked for the culture the onset of decadence," says Barzun.

THE THIRD TURNING — is an UNRAVELING or CULTURE WAR, a downcast era of strengthening individualism and weakening institutions, where values clash, conservative vs. liberal. So if the other three Turnings are a step forward, the Third Turning is a step back. Primary victims: The neglected Generation X. When: Reagan, Bush, Clinton era.

According to Barzun, "This ending is shown by deadlock: for and against nationalism, for and against individualism, for and against the high arts, for and against strict morals and religious belief."

THE FOURTH TURNING — is a CRISIS or upheaval that will set the stage for the downfall of a civilization, or it will reverse the decline and prepare society for a renewed First Turning and a renewed civic order. If extremist ideas are forced out, moderation returns to government and private life. When: Could September 11th be the beginning of the Fourth Turning? Could today's pre-teens be tomorrow's Great Generation? To describe past Fourth Turnings, Barzun states: "It established



the issue of 'diversity' of opinion as well as of faith. It fostered new feelings of 'nationhood.' It changed attitudes toward work, art, and human failings."

Fundamentals Are Back

A good sign that we are moving into the resolution of the Fourth Turning is the renewed focus on "fundamentals." Robert A. Lutz saw it coming. Lutz, now 69, is renowned for helping save Chrysler from near collapse, was then hired to save Exide

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Corporation after they let standards slip, and was just this year asked to become vice-chairman of General Motors to help that organization. He spoke to the Michigan State Police only two years ago, and this is what he said:



Robert A. Lutz
advised the Michigan State Police to "Protect the culture that made you great!"

"I have often been on the wrong end of the highway 'discussions' with your officers. Some ended in warnings, others in citations, but all were handled with courtesy and professionalism. Always remember that you innovate with technology and techniques, but

the Michigan State Police should never change the culture that made it great. Identify those core principles and practices that have made you successful and reinforce them!"

Lutz is renown as an "innovative" business leader, but he was also a Marine Corps fighter pilot, and is currently an advisor to the Marine Corps regarding cultural standards and practices. With his help, the Marine Corps has successfully protected its culture from corruption despite the many strategic and tactical innovations it has needed to make in the last decade. Lutz recognizes that many organizations (like Enron) destroyed themselves during the Third Turning in their attempt to be innovative.

Lutz's system of *protect your fundamentals and innovate carefully* is now being followed by the next generation of leaders, like 42-year-old William Clay Ford, Jr., a young executive with old values. In times of crisis, it's always the leaders of character that rise to the surface. The new credo at Ford: "Back to Basics." Bill Ford says: "The Ford logo is our core, it is our identity" (like a policeman's badge or a department's shield), "We need to get it shining brightly again."

Renewed Support for First Responders

The September 11 attack taught us that real security is worth paying for. Finally, first-responders are being given the financial and moral support they need to do their jobs. In his annual budget, President Bush wants to devote nearly \$38 billion to preparing for and preventing domestic terror attacks, with special emphasis on bolstering the "first-responders" — Police, Firefighters and Emergency Medical teams.

"The first minutes or hours after an attack are the most hopeful minutes for saving lives," Mr. Bush said. "We've got to remember the role of the first-responders. It became vivid, obviously, on Sept. 11." During his September 20th address to Congress, President Bush displayed a badge to honor a fallen police officer of the September 11th attack on America.

Part of the reason for the public's renewed support is that September 11 put everyone in the position of "feeling" what it's like to be a first-responder. Finally people see how hard the work is.



Because the public recognizes poor quality when they see it, had President Bush announced he was doubling or even tripling the size of private security in airports, it would have done little to allay public fears. But the public recognizes the history of service that first-responders and the military have provided.

Ed Sanow, Editorial Director for "Law and Order Magazine," says the tragic events of September 11 have given us an opportunity to gain back some of the public trust lost over the past few years. The public perception, however, is perishable; this good image is just one public scandal away from shattering.

According to Sanow, the best way for first-responders to protect their

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As civilians evacuate the World Trade Center, a New York fireman runs up the stairwell toward the apocalypse.

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credibility is to maintain the highest recruiting standards. Remember that police training can make good people better, but it can't create officers of integrity and character when it is lacking to begin with. The vast majority of officer discipline problems are related to shortcomings in behaviors and personality, so as much effort and final weight must be put into the background checks as the physical and written testing.

Renewed Fundamentals in Parenting: The Next Great Generation

Generational differences are the product of many variables. Most people who were kids in the 50's right through the 80's probably remember having a lot of freedom. Depending on the circumstances, this was either the result of having safe neighborhoods or being a latchkey kid with both parents working. So while most Baby Boomers think back on their youth as having a lot of "independence," most Gen-Xers may have a perception of having been "abandoned." Now consider the pre-teen kids we know about today — the Millennials. One thing is for sure, the crime wave of the 90's

started to change the way millennial children were being raised.

Even before September 11th, child rearing was beginning to change. Colin Powell's "Alliance for Youth" reflected the fear that children could become victims or causes of crime. Pre-teens are now the most watched-over generation in memory. Each year, adults subject the typical kid's day to ever more structure and supervision, making it a nonstop round of parents, relatives, teachers, coaches, babysitters, counselors, chaperones, minivans, surveillance cams, and curfews. Over

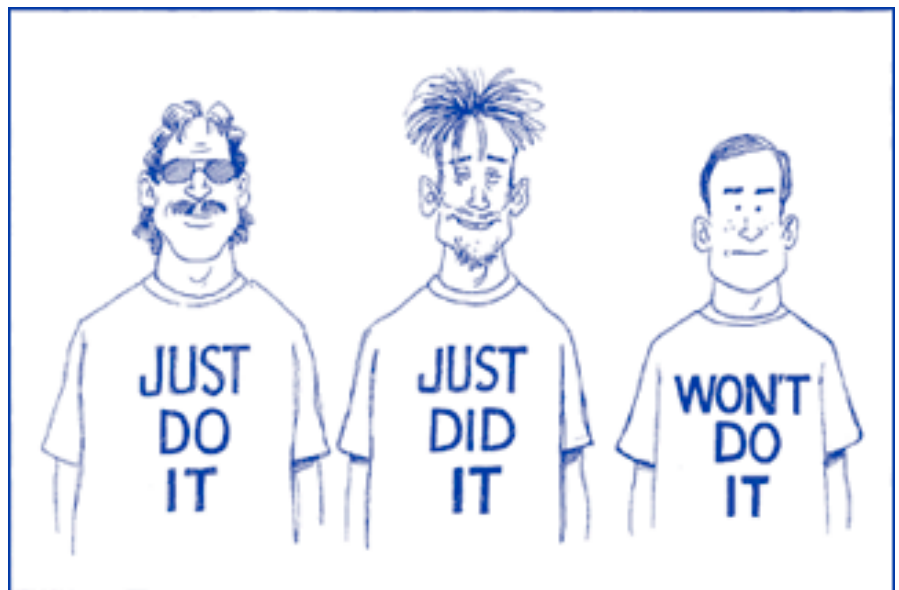
the last decade, time spent on homework and housework is up, while time spent on weekday TV watching is down. According to researchers at the University of Michigan, "free" or "unsupervised" time in the typical preteen's day shrank by 37 percent. If the Xers are the "lost" latchkey generation, the millennials are the "found" nurtured generation. What accomplishments might this next "Great Generation" make in 30 or 40 years?

Conclusion

When you talk about generational differences and historical trends you necessarily talk in generalities. Were there bad people from the Great Generation? Of course. Are there good people from Generation X? Obviously. So don't expect to see any big obvious changes in human character during the next Turning, but countless little changes in people do add up to significant movements in culture over time. Anthropologist Arnold J. Toynbee, in his book "Civilization on Trial," describes the ascent of humankind as both linear and cyclical, with ups and downs, but progressively better. This sounds like the observation made by Thomas Jefferson two-hundred year ago:

"Truth advances and error recedes step by step only; and to do our fellow-men the most good in our power, we must lead where we can, follow where we cannot, and still go with them, watching always the favorable moment for helping them to another step."

For a long time, Americans have been waiting for history to happen. It's happening. Let's hope we and our leaders handle it well. The actions of law enforcement will be instrumental in how we end up.



Boomers, Xers, and the Next Great Generation

The Irrational Teenager: One of History's Constants

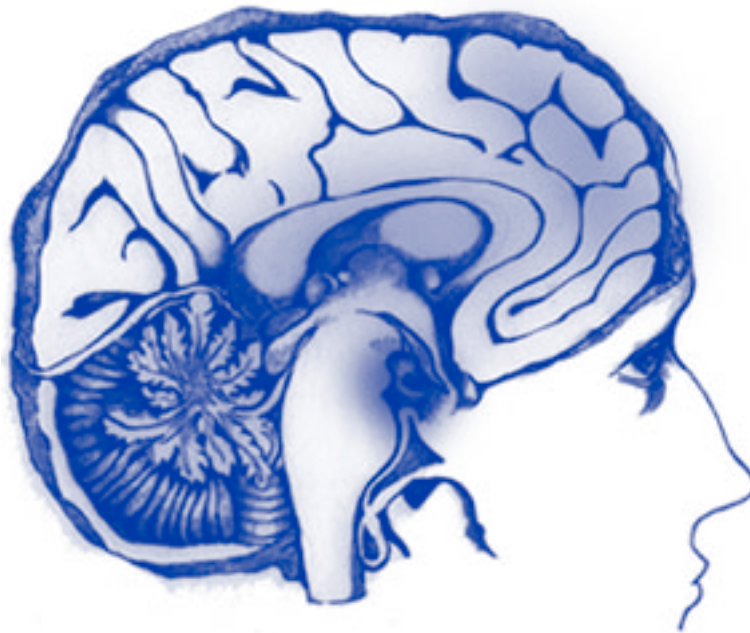
Not long ago, neuroscientists thought that the brain stopped growing by the time a child entered kindergarten, and that erratic teenage behavior was simply the result of hormones. And while it's true that 95 percent of the human brain has developed by the age of six, recent research reveals that the seat of judgement (frontal cortex, corpus callosum, and cerebellum) go through a second spurt of development during puberty. "It's the most tumultuous time of brain development since coming out of the womb," says neuroscientist Dr. Jay Giedd of the National Institute of Mental Health, and it is this dynamic brain-change that is really behind teenage confusion.

Teenage Patterns Can Become Adult Predispositions

While early childhood is the time of brain growth, scientists have now confirmed that adolescence is the time of brain "pruning." Adolescence is when neural cells and connections get fixed. What teens experience and do to their brain will affect how they think and regulate emotion for the rest of their lives, for good or bad.

Says Giedd: "If a teen is doing music or sports or academics [thinking things out responsibly], those are the cells and connections that will be hardwired. If they're lying on the couch or playing video games or watching MTV, those are the cells and connections that are going to survive."

Because their brains are going through so much change, adolescents do not handle social pressures, instinctual urges and other stresses the way adults do. The irony of adolescence



is that the impulsive, risk-taking behavior of teens exposes their brain to drugs and negative stimuli, such as violence, at the very time their brain is most vulnerable. As parents have always known, teenagers are reckless and irresponsible, but the cause is not hormones as much as the brain growth that the hormones induce.

In an adolescent brain, the prefrontal region or the seat of judgement is less developed than it is in adults. In contrast, the emotional region of the adolescent brain is more active than in the adult brain. So the relationship between these two regions, more emotion and less judgement, does a lot to explain the irrational behavior of teens.

What emotion do you see?

- A. Fear
- B. Sadness
- C. Anger
- D. Confusion

In a recent study conducted by Dr. Deborah Yurgelun-Todd, the director of neuropsychology at McLean Hospital in Belmont, Massachusetts, the differences between the brains of adults and teens was



actually mapped. Volunteers were asked to discern the emotion of a series of faces, like this one. The results were surprising. All the adults identified the emotion as the startled expression of fear. But half of the teenagers misinterpreted the facial expression as confusion, sadness or anger. When their brain were scanned, it was found that the teenagers were using more of the emotional part of their brain, and less of the rational brain that normal adults use — part of the reason teenagers make poor judgements and take foolish risks.

Looked at this way, it is no big surprise that accidents are the leading cause of death among adolescents, or that teens are more likely to become crime victims than any other age group. It's no wonder that the majority of alcoholics and smokers get started during their teen years, or that a quarter of all people with HIV contract it before age 21. Unfortunately, if delinquency is reinforced or becomes a pattern in adolescence, this can create neuro pathways that induce irrational thinking later on in the adult brain. "If the environment provokes or encourages aberrant behaviors, those behaviors become the norm," says Dr. Jordan Grafmann, of the National Institute of Neurological Diseases. This is why the 1960's pop-psychology fad of trusting teenagers to make their own decisions is a recipe for disaster. Parenting styles do effect how kids grow up.

Teens Need Strong Guidance And Fundamentals

Teens have an instinctive desire to seek out stimulation, but this can turn self-destructive if not guided. A dangerous trend is the use of designer

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drugs such as ecstasy (methylenedioxymethamphetamine, or MDMA). Ecstasy is also known as the "peace and love" drug of the "rave party" culture because the drug forces the brain's cells to release all the stored serotonin, which is an important neurotransmitter associated with mood, pain, memory, appetite, sleep and sexual activity. As one young user describes it: "It really intensifies your emotions and it makes everything seem like a much bigger deal. And so, like, being happy, you're being really happy." So it is the same old adolescent misconception that if it feels good, it must be OK.

While it makes you feel good for a while, ecstasy also keeps serotonin from being reabsorbed so the brain cannot refuel, and the user is left feeling tired and depressed after they come down: "It really does mess with your emotions and make you, like, more unstable. And the day after I would usually cry," reported a teenage user. The drug often leads to severe dehydration and heat stroke in the user since it has the effect of "short-circuiting" the body's temperature signals to the brain, raising the body temperature to dangerous levels (users often look "flushed").



Because ecstasy causes an overwhelming thirst, if you see kids drinking water at parties, it may not be because they are health conscious. A 16-year-old Colorado girl actually died from water intoxication after drinking too much water after taking the drug for the first time. If you do a search on the internet, you will find rave party photo albums that the kids create to show their friends — you will see kids looking flushed and drinking water to counteract dehydration; you will see kids using

glow sticks because ecstasy causes the brain to react to light and movement; you may also see kids using pacifiers and suckers to keep their teeth from grinding, a common side effect of ecstasy.



Flushed faces, water bottles, glow sticks, candy suckers and baby pacifiers are possible indicators of ecstasy use.



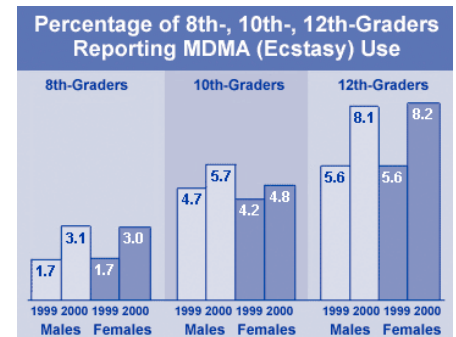
Teens could pay a price later for bad decisions today.

Dr. Alan Leshner, of the National Institute of Drug Abuse, states: "There's a myth out there that ecstasy is a harmless, benign substance, and that's just false. The fact is that even in the short term, some people are extremely sensitive to its stimulant effects. They respond dramatically to the rise in body temperature that it can cause. If your body temperature goes too high, obviously, you're going to die. We just don't know enough yet about what the literal causes of death are, but of course if you think about it, it's all related to the drug. It can also affect your heart rate, et cetera, and then, of course, over time, it's now well established that it damages critical brain cells." There were 4,511 emergency room visits in 2001 for health problems related to ecstasy use.

In the brain scans of ecstasy users, up to three weeks after the last time they used the drug, the duller (less bright) areas represent decreased

levels of serotonin. The fear is that young users will not notice the brain damage as their brain finds ways to compensate, and then some twenty or so years later they'll develop Alzheimer's-like symptoms. Many of today's teens could find themselves debilitated before they're even 50.

Unlike heroin, LSD, and crack, ecstasy's primary buyers — and many of its frontline dealers — are teenagers and college kids from middle and upper-income families. Lt. Jim Smith of Colorado's Boulder County drug task force says he believes the drug has moved from the rave scene to suburban basements. Smith says that parents think: "If I keep my kid out of a club, I'm home free." "But that's not the case at all," says Smith. Worse yet, there have been over 15 deaths in the United States in the last year alone from PMA, one of the many substitutes that are often sold to kids who think they are buying ecstasy.



A study just released by the University of Michigan, for 2001, indicates that the percentage of twelfth graders nationwide who said they have used ecstasy is now near 12 percent!

To an adult, using a dangerous drug would be an irrational decision. To an adolescent, who's emotional brain often overrides their intellect, taking irrational risks and using such drugs as ecstasy seems like a "right" — something that adults are too dumb to understand. "Skepticism about government studies, perception that ecstasy is safer than other drugs (including alcohol and tobacco), and willingness to take calculated risks, all factor into the ecstasy equation," says Patricia Case, ScD, director of the program in urban health at Harvard University.

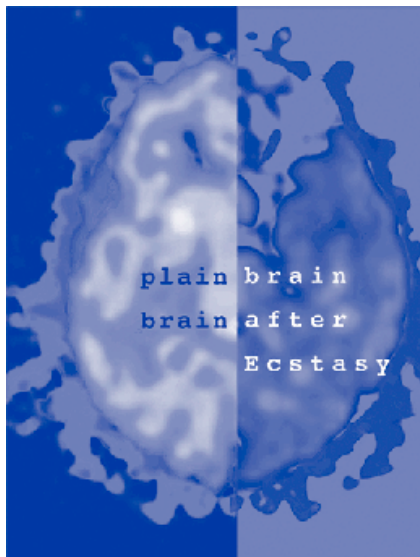
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Symptoms of “club drug” use include:

- Confusion, problems remembering things they recently said or did.
- School work suffers.
- Loss of coordination, dizziness, or fainting.
- Long periods of being awake followed by long periods of sleep.
- Chills or sweating.
- Slurred speech.

Social science researchers say that blunt prevention advertisements have failed to reduce drug use, smoking, and other risky behaviors among teens. Fortunately, parents, teachers and police can help teenagers develop their higher reasoning. During the “pruning” stage of adolescence, “use it or lose it” is the brain’s rule, says Giedd. So using strong leadership and mentoring teens to help them “think things out” — and make wise decisions — can pay off by



Education, without discipline and counseling, will not stop teens from taking foolish risks.

building neuro pathways in kids so they become responsible thinking adults. A big part of adolescence is learning how to accurately assess the risk in an activity, and make

good decisions. This may be all but impossible to achieve unless parents and authorities employ the wise use of discipline and counseling in addition to education.

It’s no surprise that a recent government study concluded that teens who have responsible adults that are involved and engaged in their lives are more likely to excel in school and avoid such risky behaviors as smoking, drinking, drugs, sexual activity, violence, and suicide attempts. It’s the people in children’s lives who make the biggest difference. When it comes to kids, as Colin Powell has repeatedly stated, someone needs to always be watching.

Search the website from the PBS program “Frontline” about how teenagers think (<http://www.pbs.org/wgbh/pages/frontline/shows/teenbrain>). For more information on how to help teenagers, contact the Michigan State Police Prevention Services Section: (517) 333-4006.

Where’s Ecstasy Coming From?

One of the major sources for ecstasy (methylene-dioxy-methamphetamine, or MDMA) is the Netherlands. Canada, Mexico and Columbia are up and coming producers. Moreover, Canada has become a major source for the chemicals because of their weak regulatory framework.



The Drug Enforcement Administration seized 174,278 MDMA pills in 1998, over a million in 1999, and more than 949,000 just between January and October 2000. U.S. Customs seized 750,000 pills in ‘98, 3.5 million in ‘99, and over 9 million in 2000.



MDMA tablets in various forms

The cost of ecstasy pills range from \$10 to \$45 each. However, it costs as little as 2 cents to 25 cents per dose to manufacture them. This high profit margin is one of the factors encouraging MDMA importation to the U.S.

Like its cousin “cat” (methcathinone), ecstasy production is not a risk-free enterprise. Due to the unstable nature of the precursor chemicals, combined with the relative inexperience of the chemists manufacturing the drug, the clandestine laboratories are at risk

of explosion. In addition, the waste that results from production creates a hazardous disposal problem.

Producers and traffickers of MDMA seek to differentiate their product from others by imprinting the tablets with “brand” logos or symbols. The logos are generally popular images, such as smiley faces and cartoon characters, or brand names, such as “Rolls Royce” and “Mitsubishi.” These recognizable logos contribute to the notion that Ecstasy is a relatively harmless drug.